

SENATE JOINT RESOLUTION 483

By Briggs

A RESOLUTION to recognize the American Heart Association's annual National Wear Red Day® on February 2, 2018.

WHEREAS, heart disease and stroke kill one in three women in the United States, yet eighty percent of cardiovascular events may be prevented; and

WHEREAS, cardiovascular diseases and stroke kill one woman every eighty seconds in the United States; and

WHEREAS, an estimated 44 million women in the U.S. are affected by cardiovascular diseases; and

WHEREAS, ninety percent of women have one or more risk factors for developing heart disease or stroke, yet only one in five American women believe that heart disease is her greatest health threat; and

WHEREAS, women comprise only twenty-four percent of participants in all heart-related studies; and

WHEREAS, women are less likely to call 911 for themselves when experiencing symptoms of a heart attack than they are if someone else were having a heart attack; and

WHEREAS, only thirty-six percent of African-American women and thirty-four percent of Hispanic women know that heart disease is their greatest health risk, compared with sixty-five percent of Caucasian women; and

WHEREAS, the women involved with the American Heart Association's Go Red For Women® movement live healthier lives, and nearly ninety percent have made at least one healthy behavior change; and

WHEREAS, Go Red For Women® encourages women to take control of their health and schedule a Well-Woman visit to learn about health status and risk for diseases; and

WHEREAS, Go Red For Women® is asking all Americans to Go Red by wearing red and speaking red, using the mnemonic "Go Red":

Get Your Numbers: Ask your doctor to check your blood pressure, cholesterol, and glucose.

Own Your Lifestyle: Stop smoking, lose weight, be physically active, and eat healthy.

Raise Your Voice: Advocate for more women-related research and education.

Educate Your Family: Make healthy food choices for you and your family. Teach your kids the importance of staying active.

Donate: Show your support with a donation of time and money; and

WHEREAS, the health of all Tennessee women is of paramount importance, and it is fitting that this General Assembly join with the American Heart Association to raise awareness of the prevalence of cardiovascular diseases in women and encourage women to take preventive measures in their lives; now, therefore,

BE IT RESOLVED BY THE SENATE OF THE ONE HUNDRED TENTH GENERAL ASSEMBLY OF THE STATE OF TENNESSEE, THE HOUSE OF REPRESENTATIVES CONCURRING, that we hereby honor and recognize the American Heart Association's National Wear Red Day® on February 2, 2018, and applaud the effort put forth by this organization on behalf of women to raise awareness of heart disease and save lives.

BE IT FURTHER RESOLVED, that an appropriate copy of this resolution be prepared for presentation with this final clause omitted from such copy.